

Meeting Leicester City Council, Adult Social Care Scrutiny Commission
Date
Agenda
item
Title Leicester Ageing Together – Programme Update

Purpose

1. To update on the outcomes of the Leicester Ageing Together programme.

Background

The Programme

2. The Leicester Ageing Together partnership, hosted by Vista, is reaching the end of its four year, £5million National Lottery Community Fund (formerly Big Lottery) funded programme testing ways to reduce social isolation and loneliness amongst people aged 50+ in Leicester.
3. 16 partners have been funded to provide a range of different activities, groups and services, selected by older people themselves (See Appendix 1). These were based primarily in the wards of Belgrave, Thurncourt, Spinney Hills, Wycliffe and Evington as they were identified as having some of the highest percentages of people with recognised risk factors for isolation.
4. Leicester Ageing Together's vision has been:
 - a) for older people to be less isolated;
 - b) to be actively involved in their communities with their views and participation valued more highly;
 - c) for older people to be more engaged in the design and delivery of services that help reduce their isolation;
 - d) to ensure services are better planned, co-ordinated and delivered; and,

- e) to provide better evidence to influence the services that help reduce isolation for older people in the future.

Outputs and outcomes to date

5. The programme has supported over 6,000 older people in Leicester, recruited over 1,300 volunteers through a workforce development programme, and has funded over £1.5million of local jobs.
6. Success has been measured against a set of national and local outcome measures. Ecorys are gathering information and learning from across all 14 national programmes. Locally, we have engaged several researchers, including De Montfort and Nottingham Universities, to help us measure the achievements of different aspects of the programme.
7. Recent evaluation of LAT, undertaken over four years by the Institute of Mental Health and Nottingham University has concluded that:

“the LAT programme has been effective in reaching out to engage with the most vulnerable within its communities. Beneficiaries entered the programme with higher levels of social isolation and loneliness and lower levels of well-being than those in the wider Ageing Better programme...

“The beneficiaries of the LAT programme have shown significant reductions in the levels of loneliness and social isolation, as well as increases in well-being, social participation and social contact.”

8. We are continuing to learn from our work and will continue to share this learning with our wider partners in both statutory, voluntary and the private sector.

Legacy and Sustainability

9. We are now exploring what has changed or is changing as a result of Leicester Ageing Together as well as looking at the elements of the programme that we have found work and that we or others may want to continue. Some of these are captured in the leaflet attached as Appendix 2.
10. Our overall objective now is to:

- build legacy and sustain the involvement of older people in the design and delivery of solutions that address social isolation and loneliness in Leicester, and,
- identify, stimulate and promote sustainable models that can create a more socially engaged, active older population within our city

We have identified four key themes within this work:

- i. *To develop reciprocal support and Community Businesses* – we have developed a more sustainable model for supporting communities to support themselves using Asset Based Community Development (ABCD) and a volunteering scheme which incorporates elements of timebanking: Give & Take.

We are delighted to have secured a Social Value contract with the City Council to support our community development work.

- ii. *To support the development of Community Learning opportunities for older people to increase community contribution* – we are working with a small partnership of organisations interested in life long learning and are looking at how we can develop a programme of learning that supports older people to contribute their time and skill as volunteers and help sustain vibrant communities.
- iii. *To think Mental Wellbeing* – we are keen to use a tool we have developed during the programme to support people with the transitions that take place in later life, to prevent loss of confidence and the loneliness that can result, to support people to look after themselves.
- iv. *To think Age friendly* – during the life of the programme, people have told us about some of the issues they face in fully engaging within their community. We are keen to support the city to become more aware of these and to work together to find solutions.

Ruth Rigby
Programme Lead

Appendix 1: The status of funded projects as at March 2019

Partner Organisation	Project	Details
Action on Hearing Loss	<i>Information & Support</i>	The Deaf Friends Group continues to meet, the hearing aid clinic is now run by volunteers
Age UK	<i>Anything Goes</i>	These social groups are all continuing and are now run by group members
	<i>Befriending & Mentoring</i>	This project is continuing with additional support from the National Lottery Community Fund
	<i>Loneliness Prescriptions</i>	This project is continuing with additional support from the National Lottery Community Fund
	<i>Men in Sheds</i>	This skills-sharing project has now ended
Alzheimer's Society	<i>Singing for the Brain</i>	This project continues with a small charge levied for attendance
	<i>CrISP</i>	This advice project has now ended
Beauty & Utility Arts	<i>Crafting relationships</i>	This crafts project has now ended
CIO	<i>Activities for older South Asians</i>	Day Centre, Lunch clubs, Welfare advice and social activities for South Asians
Focus	<i>Roots & Shoots</i>	This Intergenerational gardening project has now ended although the allotment and other projects are still in place, run by volunteers
Highfields Community Association	<i>Activities for BME Communities</i>	Regular social sessions - arts, information, learning activities
Learning for the 4th Age	<i>Social Prescriptions</i>	This arts project has now ended
Living Streets	<i>Walking Group & Community Street Audit</i>	This walking group has now finished and audits have been completed
PYCA	<i>Social Engagements Programme</i>	Training & Learning and Relaxation & Exercise sessions. Open days
Papworth Trust	<i>Neighbourhood Guardians</i>	This project continues with support from Give & Take volunteers
	<i>Neighbourhood Task Squad</i>	This project has now ended, elements are now undertaken by DMU Local
RVS	<i>Home from Hospital</i>	This service is now funded through the CCG

WEA	<i>Older & Wiser</i>	These courses remain available with charges payable by those that can afford it The Thurncourt pop in café is now a community-led social enterprise
WISCP	<i>Advocacy</i>	For African Caribbean elders
	<i>Befriending</i>	for African Caribbean elders - regular visits to home to reduce isolation
	<i>Older & Bolder</i>	for African Caribbean elders - training & educational opportunities
	<i>Carers Club</i> <i>Mango Tree Men's Group</i>	For specific groups of African Caribbean elders
Vista	<i>Community Connectors</i>	Asset based work supporting local people to develop their own community-led services
	<i>Leicester Ageing Together Core Team</i>	Responsible for programme management
CiTAL	<i>Benefits advice</i>	This project has now ended. Advice is now being provided in some settings by DMU law students
Mosaic	<i>IT training</i>	This project has now ended although IT training is available through WEA

Appendix 2

Leicester Ageing Together (LAT)

LAT is a partnership of 17 national charities and small community organisations working collaboratively in 5 ethnically diverse and deprived Leicester wards: Evington, Spinney Hills, Wycliffe, Thurncourt and Belgrave.

We are one of 14 partnerships funded across England by the National Lottery Community Fund, working to ensure that older people's active involvement in their communities is valued, and that they are involved in the co-production of services that reduce loneliness and social isolation.

Find out more

www.leicesterageingtogether.org.uk

☎ 0116 249 8850

✉ hello@leicesterageingtogether.org.uk

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📘 Leicester Ageing Together

March 2019



Leicester Ageing
Together



Ageing Better

Leicester Ageing Together (LAT) is developing creative ways for people aged over 50 to be actively involved in their local communities, helping to combat social isolation and loneliness.

Since October 2015 we have:



reached 6,004 people



activated 1,438 volunteers



funded >£1.5m local jobs

What Works

Our data shows that through involvement with LAT, older people's loneliness and social isolation has reduced and their wellbeing has improved. We have worked with more frail, isolated and ethnically diverse people than across the national Ageing Better Programme.

Source: Thomson et al, *Final LAT Evaluation Report*, University of Nottingham, March 2019

We continue to share LAT learning locally and nationally through events and online, to build the evidence base and shape policy and services.



"...And then you start to get your confidence back because you are mixing with people. Things that are good inside your head, that you've used in the past, start to wake up..."

LAT Participant 'C'

What next?

Older people will lead LAT activities:



Transport Toolkit and Portal



Community Connectors and Give & Take volunteer buddies



Community Explorers investigating 'what matters' in age-friendly communities



Community Learning opportunities



LAT Older People's Mental Wellbeing Jigsaw